

Full Report (All Nutrients) 14092, Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E

Report Date: December 03, 2015 17:04 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Proximates					
Water	g	95.78	--	--	229.87
Energy	kcal	21	--	--	50
Energy	kJ	90	--	--	216
Protein	g	0.83	--	--	1.99
Total lipid (fat)	g	1.46	--	--	3.50
Ash	g	0.68	--	--	1.63
Carbohydrate, by difference	g	1.25	--	--	3.00
Fiber, total dietary	g	0.4	--	--	1.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	188	--	--	451
Iron, Fe	mg	0.45	--	--	1.08
Magnesium, Mg	mg	10	--	--	24
Phosphorus, P	mg	17	--	--	41
Potassium, K	mg	96	--	--	230
Sodium, Na	mg	75	--	--	180
Zinc, Zn	mg	0.07	--	--	0.17
Copper, Cu	mg	0.029	--	--	0.070
Selenium, Se	µg	0.2	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.060	--	--	0.144
Riboflavin	mg	0.047	--	--	0.113

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Niacin	mg	0.075	--	--	0.180
Vitamin B-6	mg	0.015	--	--	0.036
Folate, total	µg	1	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	62	--	--	149
Retinol	µg	62	--	--	149
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	208	--	--	499
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	4.19	--	--	10.06
Vitamin E, added	mg	2.81	--	--	6.74
Vitamin D (D2 + D3)	µg	1.0	--	--	2.4
Vitamin D2 (ergocalciferol)	µg	1.0	--	--	2.4
Vitamin D	IU	42	--	--	101
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Fatty acids, total monounsaturated	g	0.729	--	--	1.750
16:1 undifferentiated	g	0.006	--	--	0.014
18:1 undifferentiated	g	0.722	--	--	1.733
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.243	--	--	0.583
18:2 undifferentiated	g	0.243	--	--	0.583
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	5	--	--	12